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A PUBLICATION OF THE 354TH FIGHTER WING

INSIDER

July 18, 2014

**Tops in Blue performs for
Iceman Team**



RED FLAG-Alaska

RF-A 14-3: 7-22 August
RF-A 15-1: 2-17 October

Announcements

Splish Splash Color Dash

Running has never been so fun! Get splashed with a myriad of washable colors as you dash by in this 5K Fun Run! Preregister by July 18 at the Sports & Fitness Center or you can register before the run Saturday, July 19 from 8 - 9:30am. Remember to wear white on race day to proudly show off your colors!

Fairbanks Golden Days

Come out to downtown Fairbanks to celebrate the Fairbanks North Star Borough's rich golden history with a weekend long festival. The festival runs from 16-20 July. There are plenty events for the whole family including a parade this Saturday starting at 10am in downtown Fairbanks!

Governor's Family Picnic

Join Governor Parnell and his Cabinet Members at the Annual Governor's Family Picnic this Sunday 20 July, at Pioneer Park starting at noon!

On the cover: Senior Airman Jeffrey Ellis, Tops in Blue vocalist, sings during their first of two performances July 16, 2014, Eielson Air Force Base, Alaska. The Tops in Blue, the U.S. Air Force's most talented vocalists, musicians, dancers and technicians, have performed for audiences worldwide for more than 60 years. (U.S. Air Force photo by Staff Sgt. Jim Araos)

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Commander's Note



I hope you all are enjoying the summer in Alaska and the short break from RED FLAG-Alaska as much as I am. Even though the weather might have been less than ideal for the last couple of weeks, I highly encourage everyone to get out and enjoy all that Alaska has to offer in the summer! I've had a great time talking to folks at the Wing 4th of July party at Birch Lake, working out at the gym, Fairbanks Goldpanners baseball games and the Tops in Blue concert... that's just been the past two weeks and I don't feel like I've scratched the surface of Alaska's myriad of activities. Get out and enjoy this great state while we've got the chance! We've had a relatively mishap free 101 Critical Days of Summer up to this point. I appreciate everyone making smart decisions, having a good wingman plan, being world class professionals both on and off duty and taking personal accountability. Enjoy the Alaska summer over the next couple of weeks before we get ready to host another world class RED FLAG-Alaska.

Events

This week

19 July, 1000: Color Run,
Baker Field House
20 July, 1200: Governor's
Family Picnic, Pioneer Park

Save the date

30 July: Tobacco Cessation Class
31 July: Promotion Recognition
Ceremony
1 August: SNCO Induction
Ceremony
1 August: Fit Flag

Military Leadership

Lt. Gen. Russell J. Handy
Commander,
Eleventh Air Force



For the most up-to-date Eielson information, follow us online





TO DRINK OR NOT TO DRINK: HOW MUCH IS TOO MUCH, KNOW WHEN TO QUIT

Story by Staff Sgt. Kirsten Wicker
354th Fighter Wing Public Affairs

It's summertime in Alaska and long warm days invite celebration, recreation and relaxation as residents hurry to cram in all their outdoor activities before the cold, dark winter arrives and drives everyone back inside.

One familiar attendee to outdoor social gatherings is alcohol. While many choose not to partake in the summertime ritual of downing a few cool brewskis or chugging a couple shots, many others will make it a natural part of their lives this summer.

Aside from those pesky hangovers, how much alcohol consumption is too much?

Eielson's 354th Medical Operations Squadron mental health flight and A.D.A.P.T. Program NCO in charge, Tech. Sgt. Jeremy Goldston, explains some of the psychological effects of too

much alcohol.

"About two-thirds of Americans drink alcohol at least occasionally and most of those use alcohol moderately and will never have a problem with it, but it is important to understand that alcohol is a drug and can be very dangerous. Drinking too much alcohol can cloud your judgment and make you feel sad or aggressive, it can increase depression, stress and anxiety, disturb your sleep, leave you feeling lethargic and cause you to behave impulsively," Goldston said. "The Center on Alcoholism, Substance Abuse, and Addictions reported that alcohol-related accidents and violence are the leading cause of death among Americans under age 35."

According to the National Institute on Alcohol Abuse and Alcoholism, drinking too much on any single occasion or over time, can take a serious toll on

physical health, in addition to mental health. Alcohol interferes with the brain's communication pathways and can sometimes cause brain or memory damage, it can induce heart abnormalities such as a stretching or drooping of the heart muscle and irregular heart-beat, and it can reduce the effectiveness of the liver, causing fatty liver or alcoholic hepatitis. Alcohol causes the pancreas to produce toxic substances that can eventually lead to pancreatitis, a dangerous inflammation and swelling of the blood vessels in the pancreas that prevents proper digestion. It can also weaken the immune system, making the body a much easier target for disease, including various cancers.

"Alcohol is a pervasive part of the military culture," said Staff Sgt. Sean Reval, 354th Security Forces Squadron training manager. "Sure, not everyone drinks, but to many it is a way to unwind after

a stressful day or week. Everyone has heard the phrase, 'everything in moderation' and it applies to alcohol too. Getting drunk to the point of blacking out or alcohol poisoning can have serious consequences."

Experts say recognizing the signs of drunkenness are just as important as knowing how much alcohol is in a drink.

"It doesn't take much before a person begins to feel intoxicated and the effects are obvious," Goldston said. "Slurred speech, the inability to stand or walk, loss of coordination and memory, temporary flushing of the cheeks, emotional outbursts and even unconsciousness are just a few of the obvious signs of intense intoxication."

[Click here to read entire story](#)

JTACs Stay Sharp

Video by Senior Airman Jason Treffry
354th Fighter Wing Public Affairs



Historian's Corner

July 15, 1994 – Colonel Ronald E. Keys, the 354th Fighter Wing Commander was promoted to Brigadier General, becoming the first General Officer to command Eielson AFB. General Key's last assignment prior to his retirement in 2007 was at Langley AFB, Virginia, where he served as the Commander of the Air Combat Command.



Iceman Insider

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